Vancouver metro

WEEKEND, JULY 29-AUG. 1, 2016

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talk about fresh solutions
save on foods
Check out this week's Fresh Solution,
Blueberry Crumble Bars ,
on pages 6 and 7.
Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

THE BIOLOGY OF BRAIN FREEZE
SCIENCE SAYS

Your essential daily news | WEEKEND, JULY 29-AUG. 1, 2016
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Weekend, July 29-Aug. 1, 2016

Residents are hopeful tax can 'make things better'

HOUSING

Still, many say foreign buyer tax is too little too late

David P. Ball
Metro | Vancouver

"A few years too late." "Could have been a lot faster and sooner." "A cover-up ... to show they're doing something about it."

That's how an admittedly unscientific sampling of Lower Mainland residents in Waterfront Station reacted on Thursday evening to the B.C. government's move this week to slap a 15 per cent tax on foreign national buyers this week.

Metro asked commuters what they thought had caused rising house prices, and the majority said "foreign ownership," though two disagreed, saying it was more because of the quality of life and environment in the region.

"I think it's foreign investment, just because of the money I've seen people pour in," said 33-year-old Richmond homeowner Patria Kishida. "I know for a fact that some people buy things and flip the houses before they move in. It sucks — it's hard to make a living. It's frustrating."

She said she fully supports the new property transfer tax, but said she's unsure whether it will work or not.

"It hopefully makes things better for us," she said. "I think it's a few years late, but it's better than nothing."

For Sahab Moffedi, "money coming in from out-of-country" is solely to blame for high prices by driving up demand without any increase in supply.

"I think it's just a cover-up — they're trying to show that they're doing something about it, not whether it will actually work," the Vancouver renter said. "We'll have to see if it's going to actually work, but I don't know if it will."

A Coquitlam homeowner, meanwhile, expressed a fear that the 15 per cent tax was too high and could hurt property values of citizens or worsen inflation. Sam Han said prices have mainly risen because "Vancouver is the safest city in the world, and the environment is one of the best."

But he, like every person Metro spoke to, felt the government was "too late" to take action.

The small sample of commuters largely reflect the results of a new poll conducted by the Angus Reid Institute which found a majority of residents support the new tax measure but are not confident it will work.

A significant 82 per cent of the 727 Metro Vancouver residents polled online between July 26 to 28 also said the tax move was "overdue — government should have acted sooner," while only 10 per cent thought the timing was right. The margin of error was listed as comparable to 3.6 per cent, 19 times out of 20.

And although 71 per cent of respondents believed the new property transfer tax was a "step in the right direction," 67 per cent expressed dissatisfaction with B.C.'s handling of housing issues — just over half of them "very dissatisfied."

Only three per cent felt the government had done enough to solve the problem.

"We have seen people in this region clamouring for government action, not just for a year but for longer than that," said Angus Reid Institute's executive director Shuchi Kurl in a phone interview. "For the longest time, there was a sense of deflection and dismissal from the provincial government.

"Clearly the BC Liberals have got religion on this issue — and very quickly."

Among respondents, 65 per cent believed that foreign nationals' investments — those without citizenship or permanent residency in Canada — was the main cause of rising prices, followed by 41 per cent blaming investment by "wealthy people," and 37 per cent saying vacant homes.

It's not just people who would never vote for the BC Liberals who criticized the government response, either. According to the survey, 77 per cent of people who voted BC Liberal in the last election said the government was too late to the table.

"Clearly this was a vulnerability for the provincial Liberals," Kurl said. "It's among their own base."

Eighty-two per cent of the 727 Metro Vancouver residents polled online recently said the tax move was "overdue — government should have acted sooner." JONATHAN HAYWARD/THE CANADIAN PRESS

Housing will see tax cash

A new tax on foreign home buyers in Metro Vancouver is already being earmarked to fund B.C. government housing initiatives that will be announced in the coming months.

Housing Minister Rich Coleman and Finance Minister Mike de Jong say housing initiatives for renters, low-income earners and first-time buyers are set to roll out in the fall, months before an election that is expected to feature housing as a major battleground. Coleman says the government wants to offer builders, local governments and first-time buyers incentives to invest in property projects.

De Jong cited Burnaby's Metrotown area where housing and commercial developments surround transit routes as an example of what the province wants to achieve in other neighbourhoods and cities.

Legislation introduced this week would impose a property transfer tax of 15 per cent on foreign nationals who buy property in Metro Vancouver, effective Tuesday. It also includes a $75-million fund to support housing developments.

The Finance Ministry says residential and commercial real estate sales in B.C. neared $94 billion last year and during a five-week period starting June 10, foreigners spent more than $1 billion on B.C. property, with more than 86 per cent of it in Metro Vancouver.

Coleman said he expects much of the housing plan to be made public in September.

THE CANADIAN PRESS

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IDENTITY

B.C. residents say they're unique: Poll

Matt Kieltyka
Metro | Vancouver

British Columbians believe their views differ from the rest of Canada's, according to a new poll.

Insights West released a new poll Thursday ahead of the B.C. Day long weekend to find out what residents thought of their province.

The poll found that 63 per cent of B.C. residents think that their views on issues are different from the rest of the country, while 87 per cent are "very proud" to live here.

The vast majority (78 per cent) believe they'll stay in British Columbia for the rest of the lives.

When it comes to their children, 56 per cent of respondents say they believe their children will also stay the province, which is down 10 points since Insights West asked the same question two years ago.

Insights West vice-president Mario Canseco believes the province's real estate crisis could have a lot to do with that drop.

"British Columbians remain proud of what the province is and represents," Canseco said in a statement. "However, the most significant shift in this tracking survey related to their children, at a time when housing, homelessness and poverty has become the most important issue facing the province."

Although British Columbians believe their views differ from those living north and east of the province, just 16 per cent say they consider themselves British Columbians first and Canadians second.

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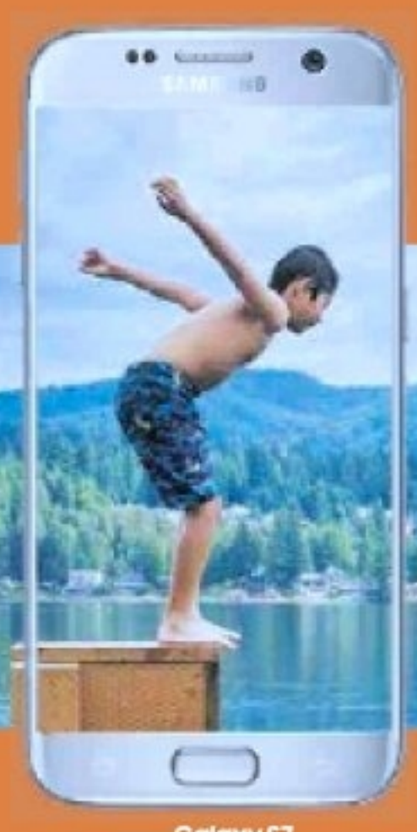

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Mariusz Stepien, an outreach worker with the Union Gospel Mission, offers water to a member of the Downtown Eastside community on one of Vancouver's hottest days. WANYEE LI/METRO

Supplies needed to deal with the heat

DOWNTOWN EASTSIDE

Exhaustion, dehydration a risk for those on the streets

Wanyee Li
Metro | Vancouver

Outreach workers are handing out hot-weather gear like water bottles in the Downtown Eastside this week to ensure those who cannot escape the heat stay hydrated and safe.

With temperatures soaring in the Lower Mainland this week, what many people see as an opportunity to play in the sun, others less fortunate can be caught off guard by the heat, said Mariusz Stepien, an outreach worker with the Union Gospel Mission.

"On a sunny day when you don't have shelter or a place to stay and you spend most of the time in a park or just wandering the streets, exhaustion and a lack of water is definitely the key issue," said Stepien, while walking around Oppenheimer Park.

People who spend most of their time in alleys or parks may not realize how quickly heat stroke can set in in those conditions, explained Jeremy Hunka, a spokesperson with UGM.

"They are used to being uncomfortable and they won't necessarily recognize those warning signs that they are overheating," he said.

That's why outreach workers head out on street walks during hot summer days to warn people. Workers can hand out about 50 water bottles on a hot day.

People can fill up their water bottles at a water fountain at Union Gospel Mission on East Hastings and Princess Street.

Most people are very appreciative, said Stepien, who has worked with the mission for nine years.

"It's the small things that make a big difference," he said.

The UGM is accepting donations of hats, T-shirts, shorts, and refillable water bottles. Cash donations are also welcome, said Hunka. "This is a critical time of year for people on the streets," he said. "Five dollars, ten bucks, can go a long way."

People can donate at ugm.ca/donate/.

IN BRIEF

Parks launch weapon in fight against hungry beetle

The Vancouver parks board hopes a microscopic champion will win the fight against a pest chewing through the city's grass boulevards, lawns and playing fields. Starting this week, biologists will treat 31 sports fields with nematodes, microscopic roundworms that kill the grubs of the European chafer beetle.

THE CANADIAN PRESS

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VANCOUVERING

A publicity still from Unclaimed, a fictional film based on Stevie Cameron's book On the Farm. CONTRIBURTED

Film carries 'huge moral obligation'

Unclaimed honours the stories of missing women

CAFÉ POLITICS

David P. Ball
Metro | Vancouver

A newly released fictional film about B.C.'s most notorious serial killer started with a seemingly impossible challenge: to not make it about Robert Pickton.

Instead, it was the women of the Downtown Eastside and their advocates who stole the show, and whose unbelievable courage was captured in Unclaimed, a feature film broadcast on CBC and by the Vancouver International Film Festival last week.

"It's a microcosm of a bigger story of marginalized women, the misunderstanding of addictions, and a universal story that's so important," explained director Rachel Talalay in a phone interview. "We're not trying to tell a serial killer story, or even Pickton's story. That would give him more attention than anyone would like to do."

The 87-minute film follows characters in Vancouver's Downtown Eastside in the 1990s. Despite the innumerable barriers and exploitation the women face, they fight to draw attention to the growing number of disappearances of their sisters.

Based on Stevie Cameron's nonfiction book On the Farm, the characters are fictitious composites loosely based on some of the heroines of the Pickton tragedy: social workers, sex workers and rogue detectives who refused to ignore mounting evidence of a serial killer.

Vancouver Film School graduate Elle-Máijá Tailfeathers, who plays single-mother protagonist Nikki Taylor, told Metro she felt "immediately sick to my stomach" when the role was pitched to her."

"My initial reaction was what a lot of people had: 'Why tell this story?'" the actor and independent filmmaker said in a phone interview. "I assumed it was going to be some sort of exploitative film about Pickton and sensationalizing the murders.

"As soon as I read the script, realized right away this was about the women's story, and it was such an important story to tell."

Talalay credited the film's producers with involving missing women's family members, indigenous communities, and local residents in various ways — several victims' family members even acted as extras on set.

Filmmakers also enlisted acclaimed indigenous filmmaker and Capilano University instructor Doreen Manuel as a consultant on the set. At the start of filming, and after shooting particularly troubling scenes, Manuel offered prayers and smudged the set with sage smoke.

"I have a niece who lived on Hastings during that time," Manuel told Metro in an email, "and I worked with recovering heroin addicts during that time.

"I honour these women by thinking about them and their families every day in my prayers. When I opened the first production meeting for Unclaimed, I spoke like this and I started with a smudge ceremony. I was there during each difficult scene to smudge and pray with crew and actors."

Talalay said there was a "strong community" within the crew itself. "Everyone every day was aware of the weight of the story, and to try to make things more honest, if there is such a thing in filmmaking," she said. "It was a heavy burden. But one that was also incredibly rewarding."

The filmmakers have established an endowment fund for the victim's children and families, to which viewers can donate as well. Viewers can stream Unclaimed at CBC at cbc.ca/movies.

> **I started with a smudge ceremony. I was there during each difficult scene to smudge and pray with crew and actors.** Doreen Manuel

with icons by **Danielle Vallée** from the noun project

FOOD NOTES

BAREBONES BAKING

Noted minimalists coming to Vancouver

Erin Ireland
Metro | Vancouver

If you're a regular Googler of recipes online, chances are you're familiar with minimalistbaker.com.

Dana and John Shultz are the husband-and-wife duo behind the popular Portland, Oregon based website that's devoted to simple cooking. She handles everything food-related, while John takes care of the tech and design stuff. They are a match made in food-blogging heaven.

Dedicated to creating recipes requiring 10 ingredients or less, one bowl or one pot, or 30 minutes or less to prepare, the website has a massive following, including 359,000 followers on Instagram.

Their recipes also happen to be mainly gluten-free and plant-based, but you'd never guess looking at the mouthwatering pictures. Dana showcases a healthy mix of hearty, rich dishes, alongside lighter, more calorie-friendly options.

Those who love a good old-fashioned cookbook in the kitchen will be thrilled to learn of the new hardback now available, Minimalist Baker's Everyday Cooking, which includes 101 of Dana's tried, tested and true recipes.

To celebrate the launch, Dana and John will be visiting Vancouver for the first time ever for a book- signing event. From 6:30 until about 8 p.m. on Thursday, Aug. 4 at Nourish Caé and Cooking School, the couple will meet with fans and sign cookbooks.

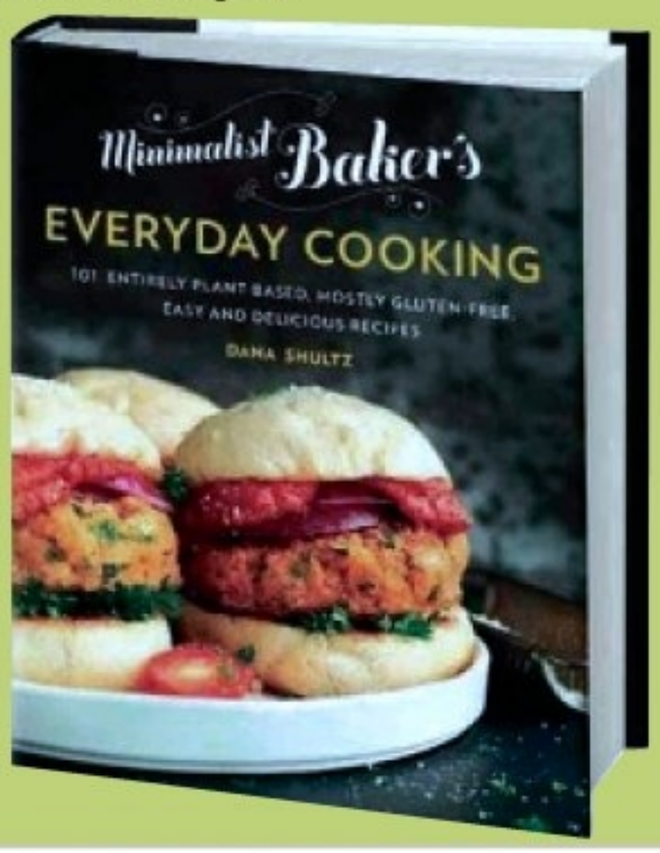
No ticket is required for this first-come-first-serve event.

What: Minimalist Baker's Everyday Cooking book signing event

Where: Nourish Cafe & Cooking School, 3742 West 10th Avenue

When: Thursday, August 4th, 6:30 - 8pm

Price: Free



talk about fresh solutions

Blueberry Crumble Bars

Prep Time: 10 minutes | Cook Time: 30 minutes | Makes 8 bars

Ingredients

1 ½ cups (375 mL) **Robin Hood** all-purpose flour

1 ½ cups (375 mL) quick cooking oats

1 ½ cups (375 mL) brown sugar, divided

½ tsp (3 mL) baking soda

½ tsp (3 mL) fennel seeds, finely chopped

pinch of salt

2 tbsp (30 mL) orange zest

¾ cup (175 mL) **Crisco** vegetable oil

2 tbsp (30 mL) orange juice

1 tsp (5 mL) vanilla extract

2 tbsp (30 mL) cornstarch

2 cups (500 mL) **BC Blueberries**, rinsed

Directions

1. Preheat oven to 375°F (190°C). Butter a 9 x 8 inch baking dish.
2. In a large mixing bowl, combine together flour, oats, 1 cup of brown sugar, baking soda, fennel seeds, salt and orange zest. Add in oil until it resembles moist crumbs. Reserve half the mixture and press the remaining mixture into the prepared baking dish.
3. In a small saucepan, combine orange juice, remaining ½ cup of brown sugar and vanilla. Bring to a simmer and whisk in the cornstarch, avoiding lumps. Add in blueberries and cook until the mixture thickens, for about 2 minutes. Spread mixture over prepared crust. Top with remaining oat mixture.
4. Bake for 25 minutes or until just browned. Cool before cutting into bars

Tip: Bake these ahead of time and take them along with you to the park or cabin.

save on foods

Vancouver Police launch 'Safe Place' program for LGBTQ

OUTREACH

Rainbow decals can now be put up to indicate a safe haven

Wanyee Li
Metro | Vancouver

Vancouver police are launching a new program to provide safe places for the LGBTQ community when its members feel threatened.

Businesses and schools can sign up for Safe Place and receive a rainbow decal to display at their location. That sign indicates LGBTQ people can come to them for support if there is an anti-LGBTQ incident or hate crime.

"You can identify yourself as a volunteer community partner by a sticker on your window or your door to let the community know that help is only a doorstep away," said Deputy Chief Const. Warren Lemcke.

More than 100 businesses have already come forward to support the initiative, said Const. Dale Quiring, who is part of the program.

The program is long overdue, said Velvet Steele, head of VPD's LGBTQ advisory committee.

"The level of violence, the level of activity that is taking place, not only in our community but other communities around the world, is something that we need to address," she said.

> The level of violence ... not only in our community but other communities around the world, is something that we need to address.
> Velvet Steele, head of LGBTQ advisory committee

> You can identify yourself ... by a sticker on your window or your door to let the community know that help is only a doorstep away.
> Deputy Chief Const. Warren Lemcke

Steele hopes the program helps more people report anti-LGBTQ crimes, something that takes a lot of courage, she said.

"Take the opportunity, look for this decal in the window of a storefront and make yourself available to go in, have the courage and talk to the owners who will then contact the appropriate authorities to come and deal with the situation and hear your story."

The Safe Place program first started in Seattle, where the number of reports of anti-LGBTQ incidents have gone up since.

That's in fact a good sign because it means more people feel safe telling the police when a crime is committed, said Officer James Ritter, a LGBTQ liason officer with the Seattle Police Department. He hopes more police departments will follow Seattle and Vancouver's lead.

"As a gay man and as a police officer and as a tourist in the city of Vancouver, I am thrilled to be able to stop up here today and witness Vancouver PD's participation in our program and hope other police agencies across Canada will follow suit."

Velvet Steele, head of the Vancouver Police Department's LGBTQ advisory committee, hopes the Safe Place program helps more people come forward when they experience a crime against them. WANYEE LI/METRO

CELEBRATION

Vancouver Pride's 'Better Together' theme goes back to its roots

David P. Ball
Metro | Vancouver

This weekend, tens of thousands of Vancouverites are expected to pack the streets for Pride events, in support and celebration of the lesbian, gay, bisexual, transgender and queer/questioning community.

Though events kicked off earlier in the week, here are just a few of the events this weekend to enjoy.

The weekend centres, of course, around the massive Pride Parade on Sunday at noon, led by this year's grand marshalls — Morgane Oger of the Trans Alliance Society, refugee and Qmunity volunteer co-ordinator Danny Ramadan, and Alex Sangha with the South Asian LGBTQ group Sher Vancouver.

But it's not all about the colourful floats, rainbow flags and dancing.

On Friday at noon, the annual Friends & Company Pride lunch will hear from keynote speaker Martin Boyce about his memories of the Stonewall riots — the 1969 New York police raid of an LGBTQ bar which sparked an uprising led predominantly by transgender, black and Latin people.

It formed the seed of today's Pride movement, and today has echoes in the ongoing debate over diversity within the LGBTQ movement and its relationship to police.

Pride also is a time to party, of course, and Friday starting at 6 p.m. the "gay village" along Davie Street will host a street celebration late into the night.

Saturday is expected to be more low key as people rest up for the big events of Sunday, but two morning events might help start the day off right.

At 8 a.m. a by-donation fundraising breakfast will support the Out in Schools program for youth, at the Jim Deva Plaza, named for one of the founders of Pride in the city.

Then at 9 a.m. "Do What U Luv with Pride" will offer a yoga session, dance party and finish by filming the finale of the TV show "Better Together."

On Sunday at 11 a.m., the day-long Pride Festival begins at Sunset Beach overlooking scenic English Bay, an hour prior to the start of the Pride Parade and continuing through the day.

And though many West End bars — and others across the city — are wooing Pridegoers with music, dancing and cocktails, those wanting to party without booze can enjoy the drug- and alcohol-free "Untoxicated" street festival on Bute Street at Davie Street, which will be starting at 6 p.m.

CHECK IT OUT

For more information and events, visit www.vancouverpride.ca.

The Commercial Drive neighbourhood in East Vancouver.
JENNIFER GAUTHIER/METRO FILE

Towers to rise above Hastings St.

GRANDVIEW-WOODLAND

Mayor hails plan's approval; some residents are opposed

Matt Kieltyka
Metro | Vancouver

Vancouver city council has officially approved a 25-year community plan for Grandview-Woodland.

The plan proposes buildings of at least 10 storeys at the north Hastings Street end of the area, and building up to 24 storeys in the existing Safeway lot near Commercial-Broadway SkyTrain station to accommodate an expected 10,000 new residents to the neighbourhood.

The plan came after initial city attempts in 2013 to seek input on a plan — which planners described as a 25-year "blueprint" to guide city decisions on which future development to allow — sparked fierce public outcry over proposing high-rise towers for the low- to mid-rise, high-renter area.

The city says the plan will deliver 1,400 new secured market rental homes, 1,400 new non-market homes and 4,350 units of "more affordable ownership options".

"The Grandview Woodland Community Plan puts affordable housing front and centre by protecting existing and creating new rental housing, and adding thousands of new families at a time the city is growing and young families are struggling to find affordable places to live," said Vancouver Mayor Gregor Robertson in a statement after the vote.

Not everyone is happy, however. Dorothy Barkley, chair of the Grandview-Woodland Area Council, told Metro last week she fears the plan will price some residents out of the community.

"I don't trust the city at all," said Barkley. "They seem to want to do 20 years of development in five years. That's not managing changes, it's just sweeping everyone away with it so we don't recognize our city anymore."

WITH FILES FROM DAVID P. BALL

GRANVILLE ISLAND

One dead, two injured after vehicle collides with building in tourist area

A pedestrian has died after being run over and pinned under a vehicle on Granville Island, one of Vancouver's busiest tourist destinations, police say.

Spokesman Randy Fincham said an SUV drove into a building at around 12:30 p.m. on Thursday.

Two other pedestrians were also hit but suffered only minor injuries, he added.

"The driver remained at the scene and is co-operating with the police investigation," Fincham said in a news release. "The cause of the collision has yet to be determined."

Fatima Siddiqui, of B.C. Emergency Health Services, said no one had been taken to hospital in the two hours following the crash.

Jonathan Gormick, a spokesman for the Vancouver Fire Department, said the severity of the incident prompted a heavy response from emergency crews, which included two ambulances, two heavy rescue outfits, a fire engine and command staff.

A structural engineer from the City of Vancouver was inspecting a two-storey wood building to determine whether it's safe to enter, he said

Nearby traffic was heavily affected, and Gormick recommended people avoid the area while police investigated the incident.

THE CANADIAN PRESS

Efforts fail to reach Canadians

TURKEY

Arrested men's status as dual citizens makes matter messy

Government efforts to reach two Turkish-Canadians arrested in connection with a failed coup in Turkey earlier this month have so far been stymied.

Davud Hanci and Ilhan Erdem were arrested and detained separately over the past week as Turkish authorities swept up thousands of people it accuses of having supported the July 15 coup attempt, which left more than 200 people dead.

Citing privacy laws, Global Affairs Canada would only say that Canadian officials in Turkey are in contact with local authorities and providing consular assistance to the men's families. A government source, however, confirmed diplomats have not been able to reach Hanci or Erdem.

Both men are dual nationals, meaning they hold both Turkish and Canadian citizenship. Hanci lives in Calgary and is an imam for both the federal and Alberta correctional services. Erdem lived in Toronto and Ottawa, where he was also an imam, before moving back to Turkey after getting his Canadian citizenship.

Consular officials often have difficulty helping Canadians with dual citizenship who are arrested in their native country. This is particularly true of countries in the Middle East such as Iran, which does not recognize dual citizenships.

Turkey does recognize dual nationalities. However, the U.S. State Department says the Turkish government does not permit Turks with two nationalities and who are arrested in Turkey to contact officials from the other country for help.

"International law on this is non-existent," said Gar Pardy, who served for years as the federal government's head of consular affairs. "All you can do is just keep pushing."

Erdem was arrested at the Ataturk Airport in Istanbul on Monday while preparing to board a flight to Canada with his wife and two children, according to friend Nurcan Topcuoglu. Turkish media say Erdem is accused of leading the Hizmet movement in Canada.

The Hizmet movement, also known as the Gulen movement, is described as a global network based on the teachings of U.S.-based cleric Fethullah Gulen, the U.S.-based cleric that the Turkish government accuses of masterminding the coup. THE CANADIAN PRESS

Davud Hanci, one of two detained Canadians.
TORSTAR NEWS SERVICE

NEW BRUNSWICK

PLAGUE OF MOTHS DESCENDS UPON THE POPULACE

A sudden infestation of spruce budworm moths swarmed northern New Brunswick last weekend, leaving people in Campbellton and Dalhousie with stories to tell — and a mess to clean up. Swarms landed on cars, windows and door screens and circled street lights as darkness fell, even finding their way inside homes and businesses.
THE CANADIAN PRESS

1 Budworm moths in the needles of a spruce tree

2 Budworm moths in a pile under the wheel of a vehicle in Campbellton, N.B.

3 A handful of budworm moths in the hand of a biologist

ALL PHOTOS: EMILY OWENS, NATURAL RESOURCES CANADA/ THE CANADIAN PRESS

PAY PROBLEMS

Feds admit they could have done better

The federal government could have done a better job implementing the new payroll system that's causing serious payday headaches for tens of thousands of civil servants, a senior bureaucrat admitted to a Commons committee Thursday.

But moving from the antiquated, paper-heavy pay system the government used for four decades to the electronic Phoenix system was the right call at the right time, said deputy public-services minister Marie Lemay.

"I think we could have done additional measures (to smooth the transition process)," Lemay told the House of Commons committee that oversees government operations.

"But the move to the second wave and the move to Phoenix is the right decision."

MPs on the committee grilled Lemay and other officials with questions, including one civil servants and their unions have been asking for months: why was Phoenix rolled out when it was clear it had significant shortcomings?

There were indications of "bugs" in the Phoenix system after it was first launched on a limited basis in February following several delays and a third-party assessment, she said.

But the issues were minor, said Lemay, who took on a new role as deputy minister just as Phoenix was being fully implemented in a much larger second wave. And she would have recommended the system be given the green light at that time, she told the committee.

$20M

Estimated amount that dealing with the debacle could cost

Still, knowing what she knows now, that second phase should have included more time for employees to be trained on the system, and the government should have retained many of the pay system employees that were let go as the new system came online, she said.

Earlier Thursday, federal officials said they expect to have resolved all of the pay delays created by the problematic new pay system by the end of October — but undoing the damage won't be cheap.

Dealing with the months-long debacle, which has caused serious payday headaches for tens of thousands of civil servants, will cost an estimated $15 to $20 million, Lemay told a news conference earlier in the day.

That doesn't include upgrades that will be required to ensure the system runs more smoothly in the future, she added. "There's another portion that we're looking at doing to enhance, and that I still don't have a cost to."

Some 1,100 of the more than 80,000 problem files identified last week have been closed, Lemay said. THE CANADIAN PRESS

ABDIRAHMAN ABDI

Still few answers in Ottawa man's death

Joe Lofaro
Metro | Ottawa

Many unanswered questions still surround the death of Abdirahman Abdi — and one of the most glaring is what exactly happened before, during and immediately after his violent arrest by Ottawa police.

Records provided by the city and eyewitness videos allow us to start to piece together some semblance of a timeline of the events leading up to the tragedy.

Here's what we know.

Ottawa police were called to the city's Wellington Street West around 9:30 a.m. Sunday. They chased Abdi to his apartment.

The full extent of what happened between the time the officers caught up to Abdi and the time they called paramedics — roughly 15 minutes later — is unclear. Witnesses say Abdi was struck with batons and pepper-sprayed, and Ottawa police Chief Charles Bordeleau said officers called paramedics 23 seconds after it became clear Abdi was in "medical distress."

City records show paramedics received the first emergency call at 9:49:19 a.m. Paramedics were dispatched at 9:50:36 a.m.

The first paramedics arrived at 9:56 a.m — five minutes and 24 seconds after the emergency call.

A paramedic called for backup because Abdi had no vital signs.

One video shows 10 minutes pass before paramedics arrive and perform CPR on Abdi. He is then taken to hospital and put on life support. He was pronounced dead the next day.

Abdirahman Abdi
COURTESY FAMILY OF ABDIRAHMAN ABDI

COURTS

Toronto officer gets six years for killing teenager

A Toronto police officer who gunned down a teen on an empty streetcar three years ago abused his authority in a way that undermines public trust, a judge said Thursday in sentencing him to six years in prison.

In loosing a second volley of shots on Sammy Yatim, Const. James Forcillo committed an "egregious breach of trust" and his sentence must serve as a warning to other police officers, Justice Edward Then told the court.
THE CANADIAN PRESS

Election-shooting suspect was likely psychotic: Expert

Alleged Quebec election-night shooter Richard Henry Bain was likely psychotic and wasn't able to stop himself the night a man was shot and killed outside a Parti Quebecois gathering in 2012, a forensic psychiatrist testified Thursday.

Marie-Frederique Allard told his first-degree murder trial that Bain sincerely believed he was given a mission from God and "had no choice but to accomplish it." THE CANADIAN PRESS

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Hillary Clinton speaks at the Democratic National Convention on Thursday in Philadelphia.
SAUL LOEB/AFP/GETTY IMAGES

Hillary rocks Philly

U.S. ELECTION

Clinton goes full bore on Donald Trump in big speech

Chelsea and Bill Clinton listen to Hillary's speech. THE ASSOCIATED PRESS

Promising Americans a steady hand, Hillary Clinton cast herself Thursday night as a unifier for divided times, steeled for the challenges of a volatile world by decades in politics that have left some Americans skeptical that she understands their lives.

"I know that at a time when so much seems to be pulling us apart, it can be hard to imagine how we'll ever pull together again," Clinton said as she accepted the Democratic nomination, becoming the first woman to lead a major U.S. political party. "But I'm here to tell you tonight — progress is possible."

Clinton took the stage to roaring applause from flag-waving delegates. But her real audience was the millions of voters who may welcome her experience but question her character.

Clinton acknowledged those concerns briefly, saying "I get it that some people just don't know what to make of me." But her primary focus was portraying herself as the only qualified candidate in a general election contest against Republican Donald Trump.

"Imagine him in the Oval Office facing a real crisis," she said. "A man you can bait with a tweet is not a man we can trust with nuclear weapons."

Clinton's four-day convention began with efforts to shore up liberals who backed Bernie Sanders in the Democratic primary and it ended with an outstretched hand to Republicans and independents unnerved by Trump. A parade of military leaders, law enforcement officials and Republicans took the stage ahead of Clinton to endorse her in the general election contest with Trump.

"This is the moment, this is the opportunity for our future," said retired Marine Gen. John R. Allen, a former commander in Afghanistan. "We must seize this moment to elect Hillary Clinton as president of the United States of America."

American flags waved in the stands of the packed convention hall and the crowd broke into chants of "U-S-A!" drowning out scattered calls of "No more war."

Campaigning in Iowa Thursday, Trump said there were "a lot of lies being told" at Clinton's convention. In an earlier statement, he accused Democrats of living in a "fantasy world," ignoring economic and security troubles as well as Clinton's controversial email use at the State Department.

The FBI's investigation into Clinton's use of a private internet server didn't result in criminal charges, but it did appear to deepen voters' concerns with her honesty and trustworthiness. A separate pre-convention controversy over hacked Democratic Party emails showing favouritism for Clinton in the primary threatens to deepen the perception that Clinton prefers to play by her own rules.

Through four nights of polished convention pageantry, Democratic heavyweights told a different story about Clinton. The most powerful validation came Wednesday night from President Barack Obama, her victorious primary rival in 2008. Obama declared Clinton not only can defeat Trump's "deeply pessimistic vision" but also realize the "promise of this great nation."

Clinton was introduced by her daughter, Chelsea, who spoke warmly of her mother as a woman "driven by compassion, by faith, by kindness, a fierce sense of justice, and a heart full of love."

THE ASSOCIATED PRESS

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Merkel vows to protect country

GERMANY

Yet chancellor insists she will stick to asylum principles

Chancellor Angela Merkel pledged Thursday to do "everything humanly possible" to keep Germany safe following a string of attacks — including two carried out by asylum-seekers and claimed by the Daesh group that she said mocked the country that took in the assailants.

The attacks brought Merkel fresh criticism for her decision last year to welcome refugees. More than 1 million asylum-seekers were registered in Germany in 2015, although the influx has since slowed dramatically.

Merkel said at a news conference that Germany will "stick to our principles" and give shelter to those who deserve it.

"We will manage this," she said, repeating a mantra she coined last August.

Merkel called for a better "early warning system" against signs of radicalization, faster progress on plans to create a centre to help crack encrypted messages and better international intelligence co-operation, among other measures. But she said it's too early to say in detail what more may be required beyond the tightening of asylum and security laws already undertaken in recent months.

"Wherever there are gaps, we will have to act — just as we have so far — so that it is clear that we are doing everything humanly possible to ensure security in our free, democratic state of law," Merkel said.

German Chancellor Angela Merkel has interrupted her holiday to hold a press conference on domestic and foreign policy following a spate of attacks. JOHN MACDOUGALL/AFP/GETTY IMAGES

> **Wherever there are gaps, we will have to act.**
> Chancellor Angela Merkel

Two of the attacks in a weeklong period starting July 18 — an axe rampage near Wuerzburg that wounded five and a suicide bombing that injured 15 outside a bar in Ansbach — were the first in Germany to be claimed by Daesh. Both of the attackers, asylum-seekers who arrived over the past two years, were killed.

In two other attacks — a shooting by a German-Iranian 18-year-old in Munich that claimed 10 lives, including the attacker's, and the stabbing of a woman by a Syrian asylum-seeker at a restaurant in Reutlingen — the motive is still unclear, but Islamic extremism is not suspected.

"We will do everything to clear up the barbaric acts, find the people behind them and punish them, and then we will have to decide where further measures are necessary," Merkel said. She added that Germany owes that to the victims, their relatives, its own security and also "to all the many innocent refugees."

"That two men who came to us as refugees are responsible for the acts in Wuerzburg and Ansbach mocks the country that took them in," Merkel said. "It mocks the helpers who took so much care of the refugees and it mocks the many other refugees who really seek help against violence and war."

THE ASSOCIATED PRESS

IN BRIEF

Pair of military leaders dodge purge in Turkey

Turkey's top military commander, who was held hostage during an attempted coup, kept his post Thursday, while the general who served as acting chief of staff was promoted following a purge in the military.

The decisions came after Turkey discharged nearly 1,700 officers suspected of involvement in the attempted coup. An official described the actions as "dishonourable discharges."

THE ASSOCIATED PRESS

FRANCE

Second attacker on church identified

French officials on Thursday identified the second man who attacked a Normandy church during morning Mass, saying he's a 19-year-old from eastern France who was spotted last month in Turkey as he supposedly headed to Syria — but who returned to France instead.

The prosecutor's office identified him as Abdel-Malik Nabil Petitjean following DNA tests on his corpse. A security official confirmed that he was the unidentified man pictured on a photo distributed to French police on July 22 with a warning that he could be planning an attack.

Four days later, Petitjean and another 19-year-old local man, Adel Kermiche, stormed the church in Saint-Etienne-du-Rouvray during Mass on Tuesday. They held five people hostage before fatally slashing a priest's throat and seriously wounding the other man. The attackers were killed by police as they left the church. THE ASSOCIATED PRESS

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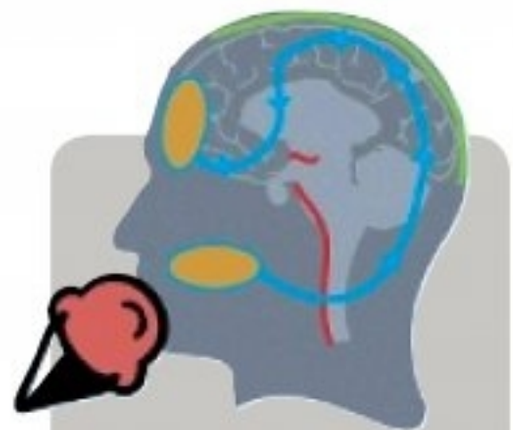
SCIENCE SAYS Weekend, July 29-August 1 , 2016

SO MUCH FOR PALEO Cancer's not a disease of modernity. Bone tumours have turned up in two-million-year-old hominids...

DECODED by Genna Buck

THE ONE DOWNSIDE OF SUMMER

Brain freeze. Also known as ice cream headache. Also known as **sphenopalatine ganglioneuralgia** — or the holy-heck-that-hurts nerve pain you get from slurping cold or frozen treats too fast. What's really going on in your head?



A complex system of nerves, membranes and blood vessels kicks into gear when you lick an ice cream too fast.

Two major blood vessels that supply the brain, the **internal carotid artery** and the **anterior cerebral artery**, meet right around where the ice cream hits.

Pain receptors are located in the **meninges**, the membranes that surround the brain

The **trigeminal nerve** carries the pain signal to your face.

GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS
Your week in science

ILLUSTRATION BY UKO GORTER

WHALE OF A DISCOVERY
A legend has come to life in the North Pacific after remains of a small, dark beaked whale washed up on an Alaska beach in 2014. Known to Japanese fishermen as karasu (the raven) since the 1940s, this whale is indeed a separate species. This has been confirmed following DNA analysis of the remains — a big addition to the club of mammals known to science.

BRIGHT FUTURE
A ray of hope in the fight against climate change: University of Illinois researchers have invented a solar cell that converts greenhouse gases from the air into fuel — using only the sun's energy.

SOUND SMART

PSYCHO SOMATIC

DEFINITION
Psychosomatic symptoms are caused or aggravated by emotional and psychological factors. The pain is real, but the source is the brain, not the part of the body that hurts.

USE IT IN A SENTENCE
Sharon has been getting headaches every day, and she's convinced they have something to do with the new electrical wires near her house. Her doctor thinks the cause is **psychosomatic**.

CITIZEN SCIENTIST by Genna Buck

Can the weather really give me a headache?

I had a horrible migraine during a thunderstorm. Is it true weather change can trigger a headache?— Don, Edmonton

Migraine sufferers sure believe that. On surveys, up to 70 per cent say their headaches are affected by weather changes.

Research suggests there's something to that, but there's reason for skepticism. A 2010 textbook on clinical neurology cautions: "Taken together, virtually all aspects of life have been suspected to trigger migraines ... but scientific evidence for many of these triggers is poor."

Studies that compare headache patterns with actual meteorological data, instead of just self-reports, produced mixed results. Several found no relationship between weather changes and headaches.

A few, however, have been more convincing. A 2015 Japanese study compared migraine suffers with people with common tension headaches during the time a cyclone (a significant change in atmospheric pressure) swept in. More than 70 per cent of migraine patients, but only 21 per cent of others, reported migraine attacks.

A study of 7,054 migraine patients visiting a Boston emergency room between 2000 and 2007 found a temperature increase of 5 C in the 24 hours before the ER visit increased risk of migraine by 7.5 per cent.

Though the evidence isn't as robust as it could be, I'm more inclined to believe in weather over other proposed migraine triggers (like wifi and magnetic fields), because there's a plausible mechanism behind it.

It's believed when air pressure increases or decreases during weather changes, blood vessels in the brain compress or expand. This irritates nearby nerves, causing throbbing pain and symptoms like nausea and sensitivity to light. Ouch. That's all too believable to people who suffer from migraines.

Science Question?
Tweet @genna_buck

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

How a star was Bourne

RETROSPECT

Matt Damon returns to role that cemented his career

Richard Crouse
For Metro Canada

"Right before The Bourne Identity came out I hadn't been offered a movie in a year," says Matt Damon. CONTRIBUTED

In the latest Jason Bourne movie, Matt Damon will punch, kick and spy master his way to the top of the box office charts.

His previous Bourne films, Identity, Supremacy and Ultimatum, were all hits commercially and critically.

Damon says he owes a great deal to the fictional character.

After the early success of Good Will Hunting, Saving Private Ryan and The Talented Mr. Ripley made him a star, a string of flops cooled his box office appeal.

"Right before The Bourne Identity came out," he said, "I hadn't been offered a movie in a year."

Then his career was Bourne again.

"It's incalculable how much these movies have helped my career," he told The Telegraph. "Suddenly it put me on a short list of people who could get movies made."

In the spirit of "one for them, one for me" for every film like The Martian or the new Jason Bourne, Damon has attached himself to smaller, riskier projects.

He lent his star power to The Good Shepherd, a low budget film directed by Robert De Niro. It's a spy movie without the bells and whistles we've come to expect from our favorite undercover operatives.

There are no elaborate chase scenes a la James Bond or even the great scenery of the Bourne flicks.

In fact, the only thing The Good Shepherd shares with any of those movies is Damon, who plays Edward Wilson, one of the (fictional) founders of the CIA.

Despite mixed to good reviews — USA Today gave the film three out of four stars— and winning the Silver Bear of the prestigious Berlin International Film Festival, the movie barely earned back its production costs at the box office.

Ninety per cent of director Steven Soderbergh's job on The Informant! was casting this mostly true tale of a highly paid executive-turned-whistleblower who helped uncover a price fixing policy that landed several executives (including himself) in jail.

It's a tricky balancing act to find an actor who can keep the audience on-board through a tale of corporate malfeasance and personal greed, who can be likeable but is actually a liar and a thief, but Damon is the guy.

The Informant! skewed a tad too far into art house territory to be Soderbergh's new Erin Brockovich-sized hit, but Damon's presence kept the story of accounting, paperwork and avarice interesting. Reviews were kind but A Serious Man and The Twilight Saga: New Moon buried the film on its opening weekend.

Damon teamed with John Krasinski to produce and co-write Promised Land, a David and Goliath story that relied on the charm and likability of its cast to sell the idea that fracking is bad and the corporations who dupe cash-strapped farmers into leasing their land are evil.

It's hard to make talk of water table pollution dramatic but Promised Land makes an attempt by giving much of the heavy lifting to Damon.

Done in by middling reviews and "sobering" box office receipts, this earnest and well-meaning movie might have been better served in documentary form.

With an Oscar on his shelf and more than 70 films on his resume Damon is philosophical about the kinds of films he chooses to make, big or small.

"If people go to those movies, then yes, that's true, big-time success," he says.

"If not, it's much ado about nothing."

MOVIE RATINGS by Richard Crouse

Jason Bourne	★★★
Bad Moms	★★★
Café Society	★★★★
Nerve	★★★

HOW RATING WORKS	
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★★	UP TO YOU
★	SKIP IT

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Viggo talks the Habs and the have-nots

INTERVIEW

Canadiens fan and actor stars in film about life off the grid

Viggo Mortensen and his fellow actors had a crash course in survival skills prior to filming Captain Fantastic. CONTRIBUTED

Viggo Mortensen is famously an Oscar-nominated actor — and a major Habs fan.

The star of the moving new drama Captain Fantastic, which is getting rave reviews for its portrayal of a family living in isolation off the grid, has donned Montreal Canadiens garb at press conferences and on film sets, including for The Lord of the Rings and A History of Violence.

Naturally, during a recent phone interview about Captain Fantastic (now in theatres), the topic shifted to the team's recent trade of star player P.K. Subban.

"I'm sick about it, I'm sad about it," said the New York native, who got a best actor Oscar nomination for the David Cronenberg-directed Eastern Promises.

"But it's a team sport, it's not just one guy that makes your team good or bad. So I'm optimistic that maybe it will be good in some way, for the collective.... There are still a lot of strong individuals on the team and some veterans who lead by example. So I don't think it will be as bad as a lot of Canadiens' fans are fearing."

Mortensen even brought a bit of Quebec to the set of Captain Fantastic, written and directed by Matt Ross.

Mortensen plays a father raising his six children in the forests of the Pacific Northwest, isolated from society with no cellphones or tech gadgets.

When Ben's wife dies, the family is determined to give her the funeral she wanted — rather than the service her wealthy parents plan for her in the city.

Anti-capitalist Ben loves literature, as does Mortensen (the actor is the founder and editor of Perceval Press), and he used his own books as props. They included titles from Quebec poets as well as Noam Chomsky and Howard Zinn.

He also brought his own canoe, bicycles, plants, clothing and kitchen items to the set, where he lived before shooting.

Mortensen and the actors who play Ben's children went through a physical and intellectual boot camp of sorts a couple of weeks before shooting.

"We did rock climbing and martial arts and played a lot of music together and spent time together and did woodcraft, tracking, skinning, gutting animals," said Mortensen.

"You name it, we did everything, and by the time we got to the first day of shooting, we knew each other really well, we had a good shorthand, we knew and appreciated each other's strengths and weaknesses."

Mortensen said when he first read the script, he didn't know what to make of the title.

"And then I realized, I guess you could put a question mark after it, it's sort of tongue-in-cheek. It asks more questions than it answers. It posits that perhaps this is the greatest father in the world and then the next minute you're thinking, 'This guy is a menace to society.'"

Still, he ascribes to some of Ben's views, including his matter-of-fact approach to communication.

Poor communication is a problem in many countries, said Mortensen.

He also laments those who use new technologies not to learn more about the world but "to reinforce their pre-existing ideologies or points of view in shallow ways."

"There's so much more that we could do and probably will, eventually," he added. "One thing is to go play Pokemon Go, and I guess there's nothing wrong with that. Another is to find out exactly what's going on in your government and your community and what people have done in the past when they've come up against obstacles of society, to communication, to war, poverty. There's a lot more that we can learn.

"So I guess this movie made me feel like it's worthwhile, life is short, I want to find out more. That's the way I feel anyway but it just reinforced it tenfold." THE CANADIAN PRESS

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A thriller for the Pokémon Go generation

FILM

The makers of Catfish want to know if you have the Nerve

The invigorating new thriller Nerve goes deep into the psychology of the internet with an addictive game that's so fresh, you wonder whether the filmmakers had a tip that the Pokemon Go craze was on the horizon.

In the film, based on the 2012 Jeanne Ryan novel, Nerve is an app-based game that's all the rage among the kids.

You can choose to be a "player" or a "watcher." Players are given dares by anonymous masses of watchers with the promise of cash prizes at the end of each dare, which they have to film themselves doing — not dissimilar to Facebook Live or Periscope. The dares can be as innocuous as kissing a stranger for five seconds, which is how Emma Roberts' square high school student Vee gets hooked up with Dave Franco's slightly older, slightly untrustworthy character Ian.

Or the dares can be as dangerous as dead-hanging off a high-rise.Nerve is directed by Henry Joost and Ariel Schulman, the men who brought the world Catfish, that is-it-real, is-it-fake cultural phenomenon/documentary from 2010 about lying on the internet that birthed the popular television show.

They were excited to jump back into the current state of the internet. A lot has changed

We've gone so far beyond '1984' that it feels like we just had to tell a story about that.

Nerve co-director Henry Joost

in six years, and Nerve almost makes Catfish look quaint.

"There have been a lot of movies that are fantasy or dystopian that take place in this world that you have to imagine. And we look around and we're kind of already living in a sci-fi movie with the technology that exists today and a lot of really simple things we take for granted," Joost said.

"We've gone so far beyond '1984' that it feels like we just had to tell a story about that."

They collaborated with everyone from teens to a former hacker for the CIA to develop technology that would look and feel believable "five minutes in the future," and also something that wouldn't look as though it required startup money.

The scariest part of Nerve is that the game is user generated and promulgated. There is no centre to attack once things start getting out of hand.

This was a change from the novel, which has a shadowy evil genius controlling everything.

"We realized what was actually more insidious and scarier and much harder to control and confront is if we're the bad guys," screenwriter Jessica Sharzer said. "It's more truthful to the way the internet works."

Beyond the drug-like thrills of the escalating dares, the film feels part Risky Business and part After Hours, as Vee and Ian team up to try to win the game — which is also incidentally a popularity contest. Those with the most watchers get to advance.

THE ASSOCIATED PRESS

Emma Roberts, centre, and Miles Heizer, right, star in Nerve. The film is directed by Henry Joost and Ariel Schulman who brought us the slightly creepy, much-talked-about film/documentary Catfish. COURTESY NIKO TAVERNISE

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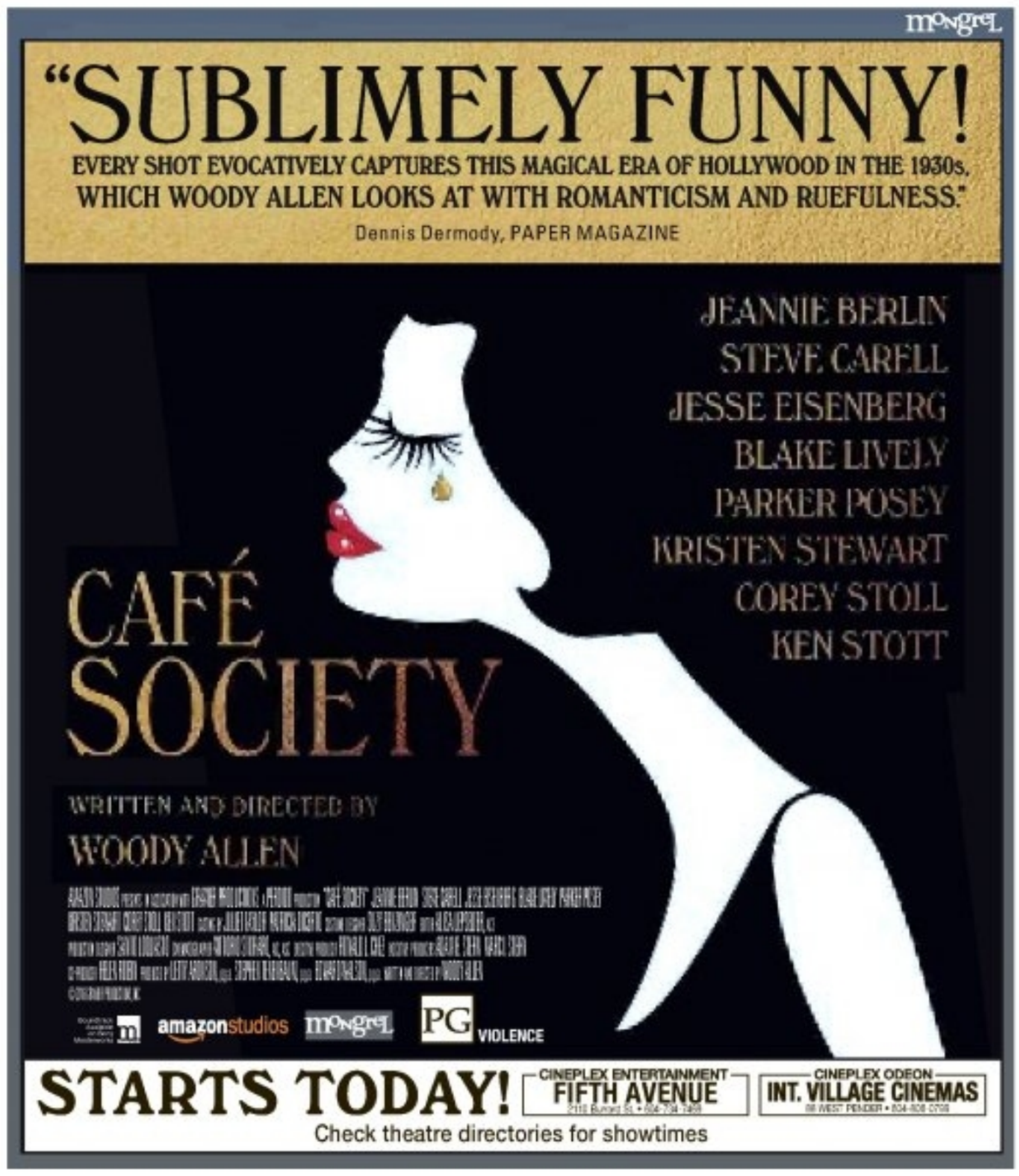

TV BRIEF

Colbert's legal waltz

After CBS Late Show host Stephen Colbert told viewers that lawyers representing his old Comedy Central show said he couldn't be Stephen Colbert anymore, he thumbed his nose at them.

Lawyers representing his old company complained to CBS after he revived the character he played under his own name on The Colbert Report — a clueless, full-of-himself cable news host. They said the character Stephen Colbert was their intellectual property. The audience booed when Colbert, "with a heavy heart," said it has been decreed the character is kaput. He then introduced Stephen Colbert's identical cousin, an interview with himself displaying the same cocked eyebrow expression his old character had.

THE ASSOCIATED PRESS

THE TV DINNER JESSICA ALLEN

There's the possibility, however slight, that I could have been Jason Bourne. Or at least a middle-aged CSIS agent stationed in Italy...

The burrata bonanza has been going strong for close to a decade now. I don't remember the first time I tried the pouch-like mozzarella stuffed with oozing cream and curd. But I do know it appeared in the form of a BLT on the cover of August 2007's Bon Appétit. That same year, the Toronto Star's Jennifer Bain wrote that it was "all the rage in New York and Los Angeles," and was "quietly making inroads here."

As far as I can tell, I first wrote about it in 2009, when Simon had a slight obsession with it and I had a beef with its price tag, close to $40 per sack, if I could even get my hands on one. Today, the Cheese Emporium gets in a regular shipment from Puglia (the heel of Italy's boot) every Tuesday. Come Sunday, they had two mini-burrata — about the size of tennis balls — left, which we happily picked up for $10 a piece. (Yes, we could've managed with one but that would be like trying to fairly split a poached egg: impossible.) We prepared them as we always do: with good tomatoes, olive oil, flakey Maldon salt, basil, and thick slices of grilled bread.

And, as always, there were moans of delight. But I've always wondered, with all the hoopla over exporting the precious cheese here ASAP, what are we missing out on when eating five-day-old cheese? My friend Giovanna, who was raised in Italy and is a chef in the city, once told me that burrata is eaten the same day it's made in Puglia or not at all because it gets more acidic the older it gets.

Kind of like Jason Bourne. The latest instalment, which opens Friday, sees director Paul Greengrass (The Bourne Supremacy and The Bourne Ultimatum) reunited with Matt Damon. It opens with a now middle-aged Bourne getting by in Greece by going fisticuffs with much larger men for money. But then CIA agent Nicky Parsons (Julia Stiles) hacks the CIA and uncovers top secret files that will help Bourne better understand his past. Throw in a young billionaire who is concerned with his users' privacy on his social network "Deep Dream," a not-yet-operational CIA surveillance program, "Iran Hand," a grumpy pants CIA director (Tommy Lee Jones) — the kind of guy whose vernacular about freedom and America is on par with Jack Nicholson's Col. Jessup from A Few Good Men, an ambitious new CIA Cyber Ops specialist (Alicia Vikander) and a reckless asset (Vincent Cassel) who has a personal vendetta against Bourne, and you've got plenty enough to sit back and enjoy the thrilling ride.

Sure, there are some ham-fisted flashback scenes and plot devices, an epic-but-confusing car chase, and, at times, it felt like Bourne was like: Are you guys seriously after me again? I am literally not doing anything to bother you until you force me to use my skills. And that the CIA was like: Jason Bourne are you kidding me? Again?

But I don't care because yes, I've a strong affinity for this fictional CIA assassin (and Matt Damon.) And yes, I do own the Bourne Blu-Ray box set. Because unlike superheroes, there's the possibility, however slight, that I could have been Jason Bourne.

Or at least a middle-aged CSIS agent stationed in Italy who maxes out all her spy networks to score fresh burrata.

Jessica Allen is the digital correspondent on CTV's The Social.

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5 WORST MOTHERS IN CINEMATIC HISTORY

Bad mothers may be getting their very own summer comedy but malfunctioning mommas have been part of cinema lore for ages. With the release of Bad Moms this weekend, Metro looks at what lessons we could learn from the worst matriarchs in movie history.

STEVE GOW METRO CANADA

Norma Bates: Psycho

Norman Bates's mom literally drove him nuts. In the 1960 horror classic, the innkeeper became so obsessed with his mother's repressive smothering that he murdered her in a jealous rage after she found a lover. Oh, and then he kept the corpse in the cellar and began dressing up as mama to target other women.

Lesson learned: Give your kid some breathing room.

Mary: Precious

Mo'Nique won an Oscar in 2009 for her terrifying portrayal of a monster matriarch. All poor pregnant teen Precious wants is to get out of the ghetto but when an opportunity arises, her perpetually angry, welfare-sucking mama sidetracks the abused adolescent.

Lesson learned: Don't blame your children for your own miserable problems.

The Queen: Snow White

She wanted to be the "fairest one of all" but the only thing The Queen in Snow White ever deserved was the "worst stepmother in all of cinema history." Wickedly vain, The Queen grew so jealous of her innocent stepdaughter's beauty, she kicked the girl out of the house, put a hit on her and passed her a poisoned apple. Jeez, get over yourself, already.

Lesson learned: Stop staring in the mirror. Your kids are beautiful too.

Kevin's mom: Home Alone

In this 1990 comedy, Catherine O'Hara's negligent mother forgot to pack preteen Kevin (Macaulay Culkin) when she goes on vacation, leaving him home alone to combat burglars. In the following sequel, she left poor Kevin abandoned on the streets of Manhattan. Child services would not approve.

Lesson learned: Don't forget your child exists.

Joan Crawford: Mommie Dearest

Based on an adopted daughter's memoir, this 1981 portrayal of Joan Crawford shows the screen-legend as a sadistic, abusive alcoholic who put her ego above her kids. Joan not only screams at her children, she whacks them with coat hangers and chokes her daughter when she admits she's "not one of her fans."

Lesson learned: Don't mix motherhood and showbiz.

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First Nations' canoes were arriving at Alki Beach in Seattle for annual celebration

Street murals.
JEFF KRAVITZ/FILMMAGIC FOR LIFE IS BEAUTIFUL

The real Vegas

DISCOVER

Forget the Strip, this desert city is full of surprises

Nichole Jankowski
For Metro Canada

It's easy to follow the madding crowd in Las Vegas — last year, three out of every four visitors stayed on the Strip.

A privately-owned monorail shuttles passengers the 6.4 kilometres between seven major hotels and casinos, while pedestrian bridges restrict as much as they facilitate movement by requiring those on foot to walk to well-separated staircases and climb two stories just to cross Las Vegas Boulevard.

The Strip is designed so much with tourists in mind that, the story goes, when MGM built its mixed-use CityCenter it did not include a grocery store or school.

Outside of this stretch, however, there are neighbourhoods planning for community — this is the Las Vegas you'll want to take in when the buzz from your electric-guitar-sized to-go cup starts to wear off.

First up is the Downtown Container Park, an open-air entertainment and shopping centre made of repurposed shipping containers, that opened in the East Fremont neighbourhood in 2013.

Entrepreneur Tony Hsieh put $350 million into the project to renovate the municipality's true downtown. The small storefronts keep startup costs low, and short-term leases and loans are available for new businesses. Inside the compound are specialty shops like Art Box, which sells the work of local artists and crafters; Simply Pure, a vegan and raw restaurant; and SasaSweets Chill Spot, famous for its artisan popsicles.

Gentrification is spotty, but a couple blocks west a few new bars have opened, including Park on Fremont and Commonwealth, and a renovated El Cortez Cabana Suites provides affordable accommodation despite not having access to the amenities of the Strip.

Bliss Dance, a 40-foot-tall piece by Marco Cochrane, in Sculpture at the Park. NICHOLE JANKOWSKI/FOR METRO

Abandoned buildings still dot the area, but locals are fighting back with Life is Beautiful. The music and arts festival, which runs Sept. 23-25, boasts headliners Mumford & Sons, The Lumineers and J. Cole this year. There's also a lineup of chefs and educational speakers, but it's the art that makes an impact year-round.

Internationally renowned street artists like D*Face, Borondo and Zio Ziegler are brought in to paint colourful murals on existing and shuttered businesses. These works have become a destination in themselves and the foot traffic is said to be helping reduce crime in the area.

More recently, planners for Strip properties have taken note: the newly opened outdoor corridor between the New-York New-York and Monte Carlo resorts and the T-Mobile Arena offers a safe, walkable dining and entertainment district that includes public art; its centrepiece a 40-foot-tall sculpture of a dancing woman by artist Marco Cochrane.

To get the big picture, further down the Strip a London Eye-like ferris wheel called the High Roller offers a spectacular view that tops out at 550 feet. A full revolution takes 30 minutes, so head out just before sundown if you literally want to see change on the horizon.

MAP

Las Vegas Shortlist

Quick ideas for where to go when you visit:

1. Downtown Container Park
2. Gold Spike
3. Park on Freemont
4. Tacos El Gordo
5. Peppermill Fireside Lounge
6. Mystère by Cirque de Soleil
7. High Roller
8. The Park Las Vegas

Eating your way through Montreal

CITY LIFE

Local markets are reaping to benefits of a health-conscious city

Montreal hosts four year-round markets and an array of smaller seasonal ones where producers showcase their fruits, vegetables, meats and other products.

Although the history of public markets dates back to the city's founding, most of Montreal's current ones originated in the early part of the 20th century.

While the rise of big grocery stores once ate into their profits, they have been booming in recent years thanks to renewed public interest in knowing where food comes from.

IF YOU GO...
Opening hours and schedules can be found at marchespublics-mtl.com

"People are more concerned about what they're eating," says Lysianne David, a spokeswoman for Montreal's Public Markets, the group that manages the markets.

"They want to know if it's organic, where it came from, and they don't want products that come from far away."

Featured market offerings — like farms themselves — shift with the seasons: Christmas trees in December, maple syrup in early spring, and berries and sweet corn during summer months.

Year-round, shoppers can also pick up fresh fish, cuts of meat, cheese, specialty products, prepared food and flowers. THE CANADIAN PRESS

Marche Jean Talon, 7070 Henri-Julien Ave.

With 2.5 million visitors per year, Jean-Talon bills itself as one of North America's largest open-air markets.

It was built in 1933 and owes much of its European feel to the large number of Italian immigrants who migrated to the area in the first part of the 20th century.

The city's liveliest and most crowded market hosts 20 boutiques and dozens of stalls selling everything from fruits and vegetables to fresh lobsters and ice cream.

On a recent day, Isabelle Lacroix was selling lettuce, tomatoes, herbs, lettuce and beets — just as her father did in the 1960s.

Down another aisle at a colourful stand representing Intermiel, a bee farm in Mirabel, Que., a vendor cheerfully explained the company's range of unpasteurized honey products.

At the booth for an organic agriculture collective, employee Mia Dansereau said the week's star product was the season's first field-grown eggplants.

"People like to shop at the markets because it lets them see what's new each week, and eat the way the agriculture is done," she said.

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metro

Maisonneuve Market, 4445 Ontario St. E.

Located in the eastern borough of Hochelaga-Maisonneuve, this market was closed in the 1960s but was reopened in 1980 thanks to a citizen-led campaign.

It has about 40 outdoor stalls featuring seasonal local products, as well as a dozen permanent stores.

Until September the market is hosting "gourmet Fridays," when customers can meet producers and sample featured products such as cheeses, oils and vegan sausage.

MARKETS

- The borough of **Lachine** hosts its own market, as do many suburbs including **Longueuil** and **Sainte-Anne-de-Bellevue.**
- There are other small seasonal markets scattered around the city, most of them located near **subway station** entrances.
- According to David, these serve mostly a **local clientele** and each one may offer something different.

Atwater Market, 138 Atwater Ave.

This market is held in a large art deco building that borders the city's Lachine canal and its bike path, making it a popular stop for southwest residents who can be seen lounging in the public spaces along the waterfront in the summer.

Montreal's second-largest market has a number of stands selling fruits and vegetables, as well as cheese shops, a fish store, bakery and several butchers.

On a July day, Quebec-grown strawberries and raspberries were on prominent display, while a vendor outside did brisk business selling sweet corn out of a red flatbed wagon at $6.50 a dozen.

Inside high-end boutique Les Gourmands du Marche, clients perused full walls dedicated to various olive oils, vinegars and hot sauces.

Tina, an employee who declined to give her last name, said many of the Atwater market's clients come to find something specific.

"It's a great vibe and I really enjoy the clientele," she said. "It's very diversified but very knowledgeable, really interested in nice products."

metro SPORTS

Ex-NFLer Warren Sapp is OK but might need stitches after being bitten on the arm by a reported four-foot nurse shark while lobster fishing in Florida

Walker on path for major breakthrough

PGA CHAMPIONSHIP

48th-ranked golfer grabs early lead with 5-under 65

A drab year for Jimmy Walker took a turn for the worse two weeks ago at the British Open, when he stayed in what was dubbed the "frat house" at Royal Troon with Jordan Spieth, Rickie Fowler, Justin Thomas, Jason Dufner and Zach Johnson.

Walker was the only one to miss the cut.

He still stayed the weekend. He just stayed away from the golf course, and his clubs. How does one kill time in such a small Scottish town?

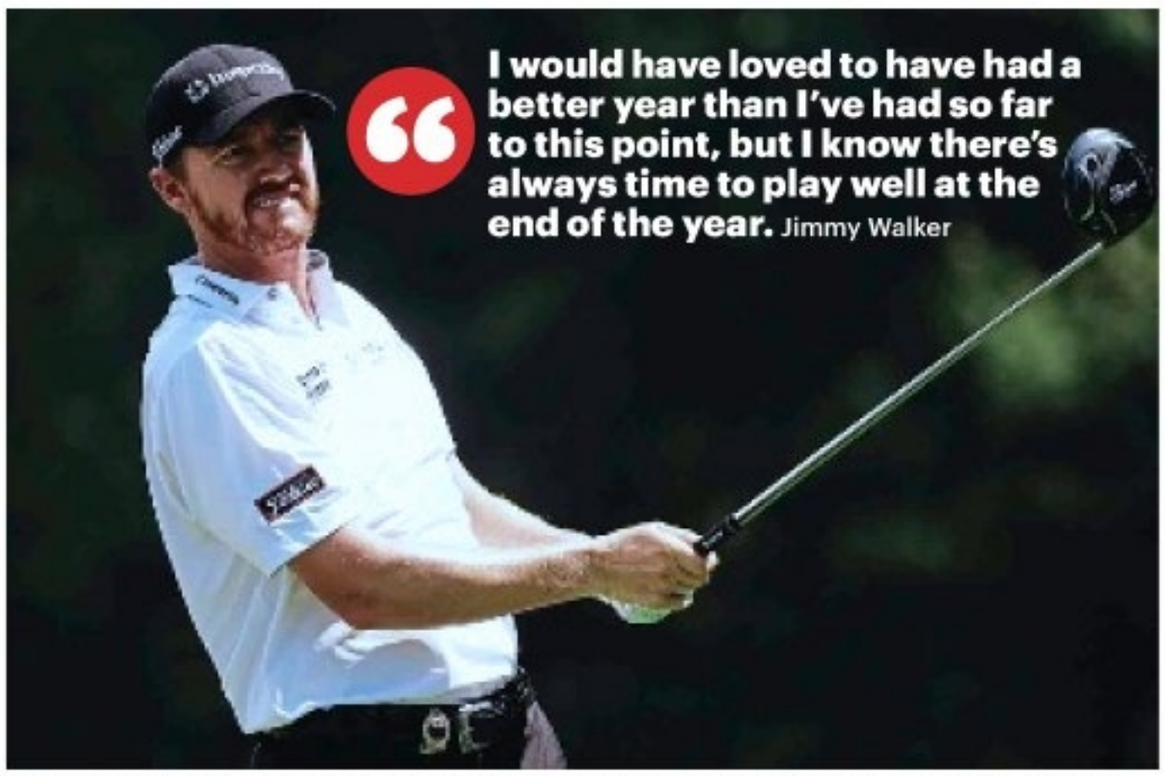
"When the first guy comes back and he's ready for a cocktail, you have one," Walker said.

Thursday in the PGA Championship, the drinks were on Walker.

In the final major of the year, Walker finally saw enough putts to fall at Baltusrol that he matched his low score in a major with a 5-under 65 and wound up leading a major for the first time in his career.

Just like that, a stale year came to life.

Walker had a one-shot lead over two-time major champion Martin Kaymer, Emiliano Grillo and Ross Fisher.



Jimmy Walker tees off on the sixth hole at Baltusrol Golf Club on Thursday in Springfield, N.J.
STREETER LECKA/GETTY IMAGES

MORE SCORES

Jason Day	-2	68
Rickie Fowler	-2	68
Jordan Spieth	E	70
Phil Mickelson	+1	71
Rory McIlroy	+4	74
Dustin Johnson	+7	77

And for Henrik Stenson, a great year might get even better. Coming off his record performance at the British Open, the Swede had three birdies on the back nine as the sweltering heat gave way to dark clouds and 20 m.p.h. gusts. That gave him a 67, leaving him two shots behind. Stenson is trying to join Ben Hogan in 1953 as the only players to win back-to-back majors at age 40.

"It's going to be a great season for me," Stenson said. "But at the same time, I want to give myself a chance to try to make it the best season."

Walker's year has been so mediocre that he has finished within five shots of the winner only once this year, at Torrey Pines.

"I feel like all year it's just been real stale and stagnant," Walker said. "It's just ebbs and flows of golf. Just haven't been scoring ... It's frustrating. I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year."
THE ASSOCIATED PRESS

ROGERS CUP

Raonic breezes into quarter-finals

Canadian Milos Raonic downed American qualifier Jared Donaldson 6-2, 6-3 on Thursday night in the third round of the Rogers Cup in Toronto.

Raonic will play France's Gael Monfils on centre court at York University's Aviva Centre in the quarter-finals on Friday.

Monfils beat Belgium's David Goffin 7-6 (5), 2-6, 6-4, earlier in the day to advance.

Top-seeded Novak Djokovic of Serbia played in the final match of the night against Czech qualifier Radek Stepanek on centre court.

Raonic, from nearby Thornhill, Ont., established his dominance from the very first serve, hitting 235 km/h on his first shot of the game.

He fired four aces to earn his first game and won the set with a slicing backhand volley at the net, pumping his fist as the crowd roared its approval.

Raonic's mastery of the court was on display in the second set. He charged the net looking for a volley after a serve, but pulled his racket out of the way of Donaldson's return — to the stunned gasps of his fans — to let the ball sail just out of bounds. THE CANADIAN PRESS

IN MONTREAL

Eugenie Bouchard bowed out of the women's Rogers Cup, falling 3-6, 6-4, 6-3 to qualifier Kristina Kucova in a third-round match she let slip away after an impressive opening set.

IN BRIEF

Arsenal outguns MLS stars
Chuba Akpom scored the deciding goal in the 87th minute from about 4 yards out on a cross from the left side by Nacho Monreal, and Arsenal topped the MLS All-Stars 2-1 in the Major League Soccer All-Star Game on Thursday.

Joel Campbell scored on a penalty kick in the 11th minute for Arsenal.

Moments before halftime, Didier Drogba scored on his third try following two deflections in one quick sequence for MLS to notch it at 1. THE ASSOCIATED PRESS

White Sox lose to Cubs in Sale's return from ban
Chris Sale returned from his jersey-trashing suspension and threw six effective innings, but John Lackey outpitched him and Aroldis Chapman got the final four outs to save the Cubs' 3-1 victory over the White Sox in Chicago's rivalry series Thursday night.

Sale (14-4) was greeted with smiles and hugs from his teammates following a five-day ban for tearing up 1976-style uniforms he didn't want to wear.
THE ASSOCIATED PRESS

Herdman has hopes for youth boost

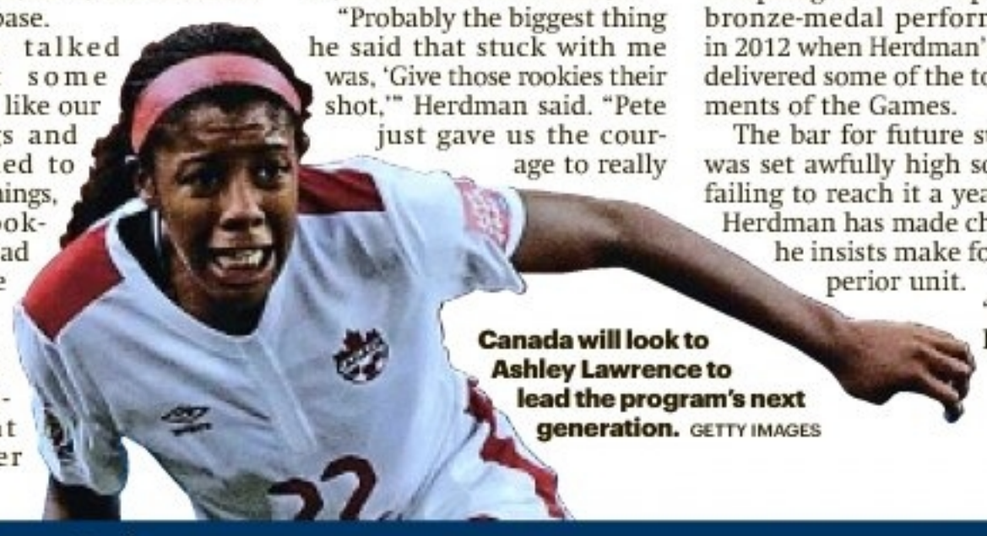
ROAD TO Rio
Warming up for kickoff

Canada coach looked to NFL guru to inspire latest lineup

In the wake of Canada's disappointing exit in the quarterfinals of last summer's homesoil Women's World Cup, head coach John Herdman said he needed time to think and someone to talk to.

Among his sounding boards was Pete Carroll, a guru of that other kind of football and coach of the NFL's Seattle Seahawks. A mutual friend teed up a meeting and Herdman made the drive from his Vancouver home to the Seahawks' home base.

"We talked about some things, like our failings and what led to those things, and looking ahead to the future.... He was an excellent listener and he provoked my thinking," Herdman said in a recent interview.



Canada will look to Ashley Lawrence to lead the program's next generation. GETTY IMAGES

Herdman's main takeaway from his time with Carroll?

"Probably the biggest thing he said that stuck with me was, 'Give those rookies their shot,'" Herdman said. "Pete just gave us the courage to really thrust them in, as opposed to carefully — and too carefully — manicuring them in."

That youth will be attempting to build upon its bronze-medal performance in 2012 when Herdman's team delivered some of the top moments of the Games.

The bar for future success was set awfully high so after failing to reach it a year ago, Herdman has made changes he insists make for a superior unit.

"The last team, I had nine months to work with them. This group, we've been working for four years to get to this point," Herdman said. "It's always hard to say, 'Is it better?' But in my mind, to be able to have four years of preparation, it's a better team."

Better and younger, thanks in part to Carroll's urgings. Christine Sinclair remains the centrepiece up front and veterans are still at the core of the squad. But the injection of the likes of 21-year-olds Ashley Lawrence and Janine Beckie, 18-year-old Jessie Fleming and 17-year-old Deanne Rose makes sense for these Games and the next.

"When is the right time (for youth)? Is it now? Is it tomorrow? Is it in three years' time? I think after the World Cup we realized we needed to add more faces to the team," Herdman said. "We needed to add more craft and guile to our possession and attacking play. And these young players were showing they had that in them ... It's been a great journey. Four years of work. We're well-positioned for these Olympics."

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RECIPE Mushroom Melt with Pears

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can't deny the appeal of a grilled sandwich, and the addition of sweet pears only makes this oozy melt more appealing.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes
Makes: 1 serving

Ingredients
- Pumpernickel Bread
- butter
- Dijon mustard (optional)
- cremini mushrooms, thinly sliced
- pears, thinly sliced
- Fontina cheese, grated

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in your sliced mushrooms and push them around until they soften up. Remove from pan and set aside. Wipe out your pan.

2. Butter the bread (and swipe the other side with a bit of Dijon for adventurous kids or adults) and place each piece in the pan, butter side down. Place a good handful of Fontina on each, then press down a couple of slices of pear, followed by a good spoonful of mushrooms. Place another piece of Pumpernickel on top, butter side out. Let that sizzle away for 2 or 3 minutes, peaking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

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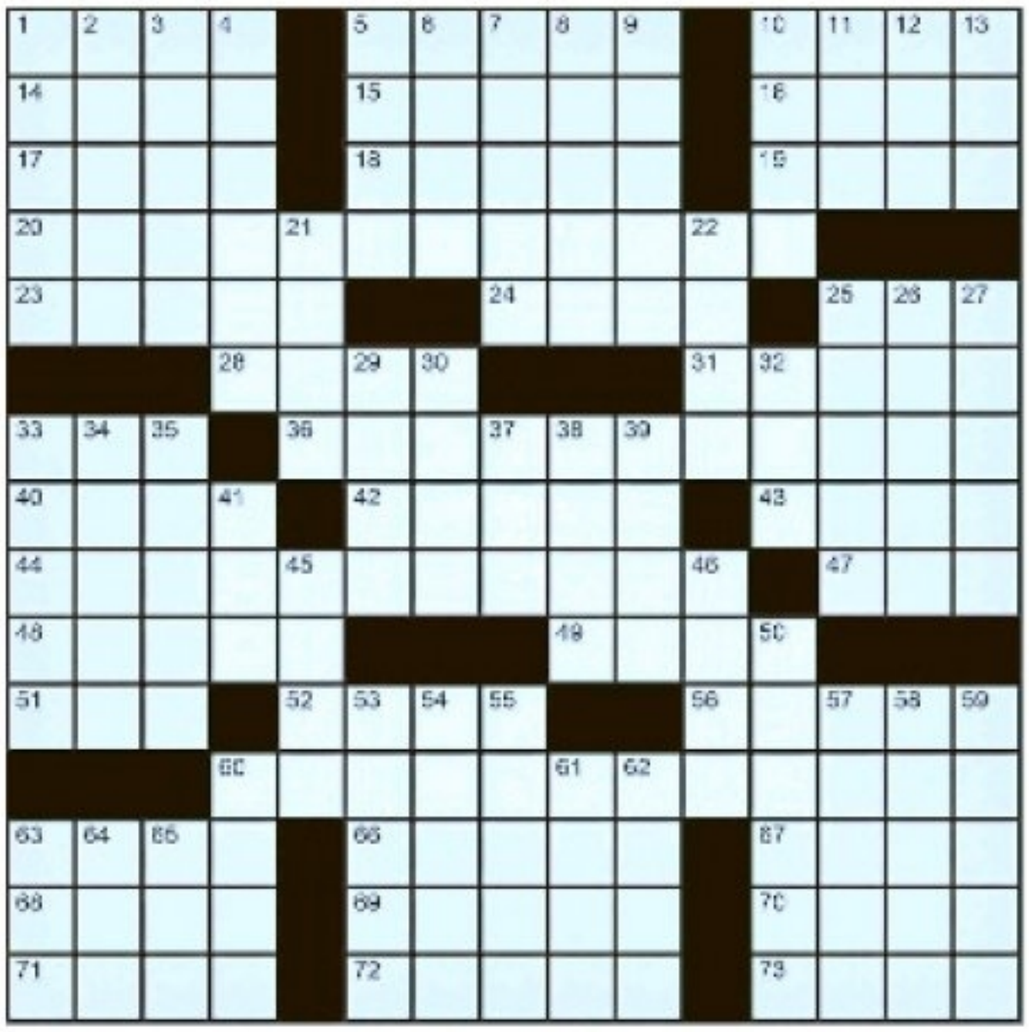
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _. Coach
5. John _ (#36-Across' Newmarket, Ontario born co-star in #44-Across)
10. Young hawk
14. Same, in Sherbrooke
15. Love, in Venice
16. Hound's "Hey!" holler
17. Ancient concert sites
18. _ New Guinea
19. Glimpse
20. Group of Seven painter whose works are currently being exhibited at the Art Gallery of Ontario in Toronto: 2 wds.
23. Result
24. Ms. Redgrave
25. _ and flow
28. Alberta, e.g.
31. Showy variety of lily
33. TV Cousin
36. American comedian/writer/actor who is a co-curator of the exhibit at #20-Across: 2 wds.
40. _ crust pizza
42. Astrological aspect; or, Deuce-ace
43. Part of speech, e.g.
44. "Planes, Trains and _" (1987)
47. Stop-_-_
48. Doubled-lettered-starting creature
49. Mix
51. Currency in Japan
52. Ivy League school
56. Preference
60. North Shore, _ _ (1926 oil on canvas by #20-Across)
63. Dawn love song
66. 'I' of IV
67. Rock music's Better Than _
68. Forest mammal
69. Marketing link: 2 wds.
70. Hobby shop items
71. Dungeon-like
72. Have _ _ egg (Have savings)
73. _-planting ceremony

DOWN
1. Arcade game, Whac-_-_
2. Vehicle variety
3. Some ducks
4. Shred the sheets: 2 wds.
5. _'_ Crunch (Breakfast cereal)
6. Nursemaid
7. Certain cactus
8. England: Theatre Royal _ Lane (West End theatre in London)
9. Wish wistfully
10. Ophthalmologist's interest
11. Not-no
12. Matterhorn, for one
13. Operative
21. 'Ballad' suffixes
22. King Atahualpa, for one
25. Musicdom's Sir John
26. Flashy jewellery
27. Instrument played by #36-Across
29. Mr. Preminger
30. Action word
32. Curve
33. Po River locale
34. Mount _, Bylot Island (Painting of 1930 by the Brantford, Ontario born artist at #20-Across)
35. Greek Myth: Prometheus, for one
37. Gladiator's lucky number
38. Photocopies made bigger, for short
39. Convene
41. _ de plume
45. Ms. Angelou
46. Venue
50. Most unique
53. Dog of Japan
54. Russian leader, b.1870 - d.1924
55. Cosmetics company, _ Lauder
57. Measuring person, say
58. Dessert selection
59. Obliterate
60. Songbird sort
61. Leon _ (Exodus author)
62. Hound's huff
63. Do 'plus' work
64. Musicals star Ms. Salonga
65. Mr. Mulroney

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sports events, romantic dates and time spent with children are areas where you might lose your temper today. Your objective is to have fun today. Keep this in mind.

Taurus April 21 - May 21
Avoid family squabbles or conflict with partners today, because you need this like a fish needs a bicycle. Stay mum and do everyone (including you) a favour.

Gemini May 22 - June 21
Don't try to win an argument today. Don't try to make a point. Demonstrate grace under pressure. Be a role model for others.

Cancer June 22 - July 23
Money squabbles are likely today, especially over children or social situations. Money is always a tricky thing between friends and romantic partners.

Leo July 24 - Aug. 23
Most people are touchy and irritable today, which is why you have to tread carefully. You might feel that you have to defend your ideas or beliefs when talking to someone. Oh well.

Virgo Aug. 24 - Sept. 23
Something going on behind the scenes might annoy you or become annoying for someone else. Assume nothing. Be prepared to smooth-talk your way out of something.

Libra Sept. 24 - Oct. 23
Quarrels with friends or members of groups might occur today. Think of the downside, especially for the future. Don't make a scene. Anger serves no purpose other than to make everyone other miserable.

Scorpio Oct. 24 - Nov. 22
You might be intimidated by someone in a position of power today because he or she is rude or coming on strong. That's his or her problem. You don't have to react.

Sagittarius Nov. 23 - Dec. 21
Do not preach or proselytize to others today because it won't work. People will object. In fact, some people are waiting for an excuse to fight. Don't give it to them.

Capricorn Dec. 22 - Jan. 20
Postpone discussions about shared property and inheritances for another day, because something will go south fast today. Easy does it.

Aquarius Jan. 21 - Feb. 19
It's not easy dealing with people today, especially bosses and partners. Before you know it, they are at loggerheads. Run away! Run away!

Pisces
Feb. 20 - March 20
Another argumentative day! The difference today is that arguments will likely take place at work. Chill out. Stay on good terms with co-workers because you have to work with them tomorrow and tomorrow and tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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4	5	6	8	3	2	7	9	1
2	9	3	7	5	1	8	6	4
6	1	8	5	4	9	2	3	7
9	4	7	6	2	3	1	5	8
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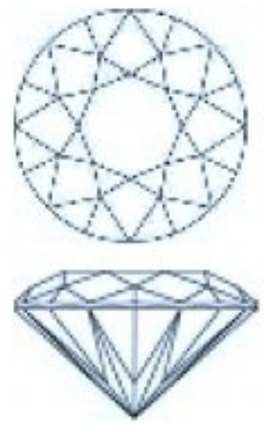

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